EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 34, #50 • **October 19, 2023**

COMMUNITY

Page 2 – Hispanic Heritage VIP Celebration with Gov. Whitmer

COMMUNITY

Pages 8-9 – Unsung Hispanic Heroes

Primera artista latina en firmar el Scarab Club después de Diego Rivera

Por Amber Ogden

Durante casi cien años, The Scarab Club, con su techo y vigas laterales, ha servido como puerta de entrada al pasado, presente y futuro del mundo del arte. Las vigas del club son un elemento permanente en la historia del arte, firmadas por algunos de los artistas más respetados que visitaron Detroit, incluido el famoso muralista y pintor mexicano Diego Rivera. Pero un vacío evidente ha persistido durante muchos años: no ha habido otra firma de ningún otro artista latino... hasta ahora. En una habitación llena de familia, amigos y amantes del arte, rodeada de seres queridos que la apoyaban desde abajo, subió con cuidado la escalera y llegó tan alto como su pequeño cuerpo se lo permitía. ¡Nora Chapa Mendoza firmó la viga!

Mendoza, que ahora tiene 92 años, inauguró el viernes pasado su exposición llamada Stages of a Life: A Retrospective (Etapas de una vida: una retrospectiva), que presenta una pintura cautivadora que refleja genuinamente su nombre.

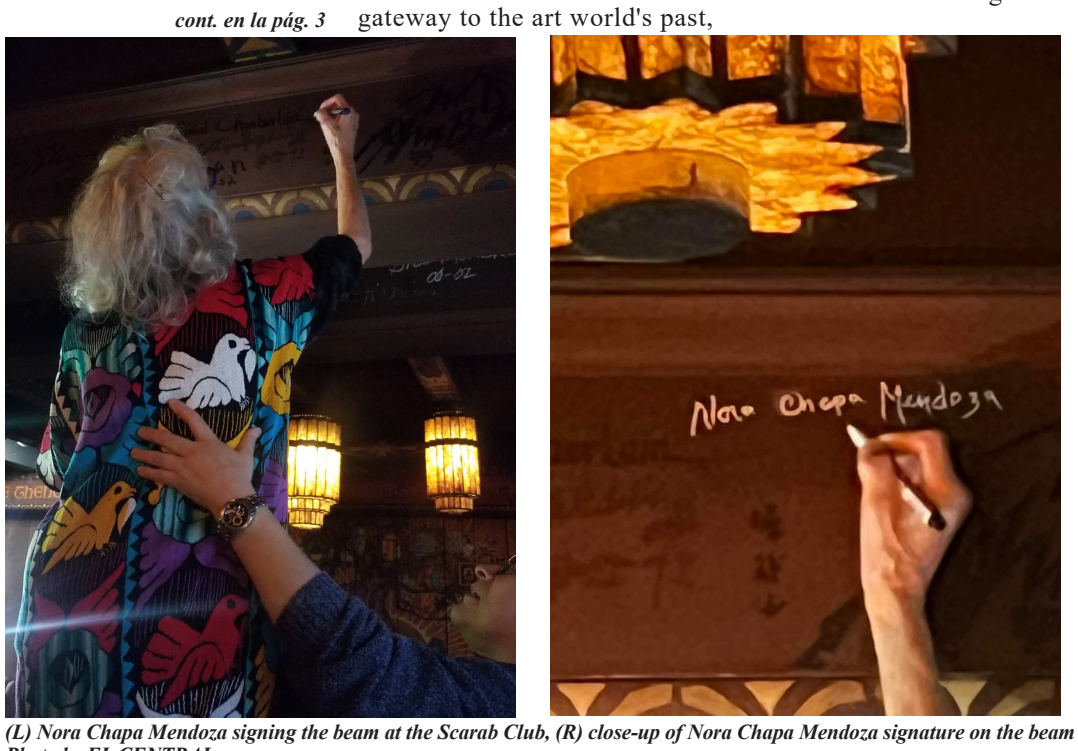
cont. en la pág. 3

First Latina Artist to Sign Beam Behind Diego Rivera at The Scarab Club

By Amber Ogden

For almost a hundred years, The Scarab Club, with its ceiling and side beams, has served as a gateway to the art world's past, present, and future. The club's rafters are a permanent fixture in art history, signed by some of the most respected artists to visit Detroit including famous Mexican muralist and painter Diego Rivera. But a glaring void has persisted for many years: There has been no other signature from any Latino artists and no Latina artist – until now. With a room full of family, friends, and art lovers, surrounded by caring friends who steadied her climb from below, she carefully rose up the stepladder and reached as high as her small frame would allow. Nora Chapa Mendoza signed the beam!

Mendoza, now 92, opened her exhibition called "Stages of a Life: A Retrospective" last Friday, featuring a captivating painting that genuinely reflects its name. The featured painting depicts a young woman at various stages of her life, gracefully aging with wise and knowing eyes. Her face shows the marks of time and the lessons learned along the way and is full of character and experience.



(L) Nora Chapa Mendoza signing the beam at the Scarab Club, (R) close-up of Nora Chapa Mendoza signature on the beam Photo by EL CENTRAL

cont. on pg. 3

SER Metro-Detroit Celebrates its 52nd Annual Amigos de SER Business Recognition Luncheon

SER Metro-Detroit's (SER) annual tradition of recognizing its partners, funders, and employers will take place at this year's Amigos de SER Business Recognition Luncheon to be held at the MGM Grand Detroit Hotel on October 26 at 12noon.

SER is honored to welcome Mr. Matt Buckley, as the keynote speaker. Mr. Buckley is President and COO of the Midwest Group, MGM Resorts International. With nearly thirty years of experience in hospitality and gaming, Mr. Buckley has held several hotel operations and marketing leadership positions in Boston, Reno, Las Vegas, and Detroit. He joined MGM Resorts in 2008 as the Vice President of Marketing in Detroit where he oversaw all marketing channels for the property including advertising, public relations, and special events.

"It is such an honor to have Mr. Buckley deliver the keynote speech at our Annual Amigos event," said Eva Garza Dewaelsche, President and CEO of SER Metro-Detroit. "I had the pleasure of meeting Mr. Buckley for the first time during a recent visit he made to SER Metro where he toured our facilities and spent time talking with our staff and students. He left a lasting impression of being someone who cares and is deeply committed to the causes advancing the Detroit community's well-being."

The Amigos de SER Luncheon will include an awards ceremony recognizing the many partners, funders, and employers who invest in the Detroit community through SER's work. This year's "Amigo of the Year Award" will be presented to MGM Grand Detroit for their ongoing partnership and support of SER Metro's programs for over 20 years. LM Manufacturing will be presented with the "Employer of the Year Award" for hiring more than 200 SER graduates and program participants during the past year.

The Luncheon Program will also include special "Journey to Success" awards to the following individuals who successfully graduated and completed their programs: Arturo Lopez, Brianna Sadler, Edgad N. Urbina, and Sarah Williamson. Two additional graduates, Daisy Ovelle and Amarr Scott, will each receive $1,000 in honor of the "Frank D. Stella Scholarship Program". All of our graduates are being recognized for their persistence and exemplary academic achievements.

To register or for information on sponsorship opportunities, please visit SER Metro's website at http://www.sermetro.org or send an email to amigosluncheon@sermetro.org.

Matt Buckley - President and COO of Midwest Group, MGM Resorts International

SER Metro Detroit, Jobs for Progress, Inc. (SER) is a community-based organization that believes in advancing people, growing businesses and strengthening communities. For the past 52 plus years, SER has assisted thousands of vulnerable and impoverished residents from across the City of Detroit, the region and communities it serves in becoming financially stable through quality employment, education and training programs. For more information about SER programs and locations, please visit http://www.sermetro.org.

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EL CENTRAL HISPANIC NEWS

988
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PEP22-08-03-009

2 Community
Hispanic Heritage VIP Celebration Features Gov. Whitmer as Special Guest with interview on pg 3

4 World Culture
Pilgrimage of the Virgin of Zapopan/ Romería Virgen de Zapopan

6 Community
Michigan Colleges Unite to Offer Admissions Info en Español

8 Community
Unsung Hispnaic Heroes

10 Sports
Rivalry Weekend

12 Opinion
"El futuro del voto latino"

13 Jobs/ Trabajos

Hispanic Heritage VIP Celebration Features Gov. Whitmer as Special Guest

Photos and captions by: Alejandro Ugalde

By EL CENTRAL Staff

In celebration of Hispanic Heritage Month, the Michigan Latino Legislative Caucus, the Office of Global Michigan, and the Hispanic Latino Commission of Michigan hosted a festive celebration of Hispanic Heritage Month at Monarca Hall in Southwest Detroit on Wednesday, October 11. Governor Gretchen Whitmer was the special guest at this inaugural event, which speaker after speaker noted should become an annual celebration.

More than 100 invited guests gathered at the new, upscale special events venue located at 1435 Lawndale between W. Vernor Hwy. and W. Lafayette. Owner Yolanda Morales and the event sponsors treated their guests to a rich Mexican buffet topped off with freshly cooked tortillas hot off the grill, all the while being entertained by the group Mariachi Gallos de Oro.

For this special event in Southwest Detroit, Governor Whitmer granted exclusive access to local media outlets to discuss the administration's work to improve communities across the state including record investments in education, supporting small businesses, and protecting and expanding fundamental rights. She was accompanied by Poppy Hernandez, Executive Director of the Office of Global Michigan. The interview, which was conducted by EL CENTRAL Hispanic News Managing Editor Robert Dewaelsche, on pg. 3.

Gov. Gretchen Whitmer gives a speech during the Hispanic Heritage Month Celebration at Monarca Hall. Also pictured are event hosts State Senators Darrin Camilleri and Mary Cavanagh

Mariachi Gallos de Oro entertained at Monarca Hall, during the Hispanic Heritage Month Celebration

The Hispanic Heritage Month Celebration was hosted by Monarca Hall, a newly established upscale event space in Southwest Detroit

Yolanda Morales, owner of Monarca Hall, greets Michigan Governor Gretchen Whitmer during the Hispanic Heritage Month Celebration

Gov. Whitmer Promotes Maria Martinez Deputy Chief of Staff

On Tuesday, October 17, Governor Whitmer announced a staff change on her executive team. Maria Martinez is being promoted from chief compliance officer to deputy chief of staff, effective in November. In this new role, Martinez will be responsible for managing special projects, among other things.

"Our administration hit the ground running this year with a list of ambitious goals to continue improving the lives of Michiganders," said Governor Whitmer. "We've made incredible progress thanks in part to our incredible team and our partners in the legislature. Maria Martinez is one of those team players who has been a cornerstone of this office since coming onboard. She will continue to be an invaluable member of our leadership."

Martinez joined the Governor's executive office in December 2020 as deputy legal counsel and was promoted to chief compliance officer in October 2021. She also formerly led the governor's legal team as acting chief legal counsel in addition to her role as chief compliance officer. She has experience as a former in-house counsel for a Michigan business and working as an attorney at Bodman PLC, a Detroit-based law firm. Martinez received both her J.D. and undergraduate degree from the University of Michigan.

From left to right, Lupita Sánchez, María Elena Espinoza, and her daughter Abdiela Espinoza speak to the Governor on behalf of "We the People"—a grassroots organization advocating for the passage of the Drive Safe Bill

EL CENTRAL INTERVIEW with Gov. Whitmer

EL CENTRAL: First of all, thank you for coming to Southwest Detroit and making yourself available to us, Governor.

EL CENTRAL: One of the issues that's top of mind for the Hispanic community in Michigan, but in particular in southeast Michigan is the whole issue of driver's licenses for immigrants. The DriveSAFE bill package seems to be stalled right now, particularly in the House. And, our understanding is that it's kind of stalled because of the hesitancy of some legislators in swing districts. So the question is, what can you, as a governor who support the DriveSAFE bills do to encourage legislators who may be on the fence?

Governor: Well, first, I'll just start by saying we've made a lot of long overdue changes in Michigan law in the last nine months, and are really proud of making Michigan a more welcoming state. A state where every person knows that there's a path to prosperity for them, whether you are female or LGBTQ community or someone who needs protections against discrimination for national heirs. We've made lots of great changes in the law. And I think that's really important. It's part of our legacy. It's part of who we are and why we are such a great, strong, diverse state. But also, as we think about additional things that we can do, think that this is one example of many where we've got work yet to do and that we can make some improvements. Obviously. I'm standing here with Poppy Hernandez, the head of Global Michigan. She's front and center on a lot of these issues, and I want to give her an opportunity to speak, if you want to, on this issue.

Poppy Hernandez:

Well, I just think we know that having access to a driver's license is part of how we signal that we're a welcoming state. And so I know that the legislators are working hard to bring their districts along, and so we want to be supportive of that. But the governor has been very clear about where she stands on this. And our office at Global Michigan, and our ethnic commissions are all working in unison to help educate folks about why this matters and how this actually is very directly related to growing our economy. So it feels like we're moving in the right direction.

EL CENTRAL: We also understand that it would help if law enforcement would weigh in on the issue, particularly if they can learn from their peers in other states that this is actually a good thing, to have people with licenses and insurance, and all the rest. Is there a chance that you could speak to the Director of the (Michigan) State Police and encourage him to do that?

Governor: Well, I would encourage all people in law enforcement and in the business community to recognize that this would be an asset for the state of Michigan, a way to grow our economy, grow our population, which is in all of our interests. And so as we think about stakeholders and important voices, I recognize that both our policing organizations as well as the business community could be very helpful here, too.

EL CENTRAL: Along the lines of Growing Michigan, yesterday (October 10) you announced the "You Can in Michigan" campaign. That's very exciting. We'll be covering that. So the question is, I was looking at some of the materials, radio spots and printed material. Will there be materials and messaging in Spanish and other languages?

Governor: Yes, that is the plan, to expand this campaign to make it very inclusive, as you saw in the first iteration. Nando Garza is a wonderful spokesperson on behalf of Michigan. And I think we don't highlight that he has a Hispanic heritage, but I think people can see that Michigan is a place where all people can make a good life and make a good living and it's a great part of who we are. And "yes, you can in Michigan"!

EL CENTRAL: Well, if it's anything like pure Michigan, it's going to be a resounding success.

Governor: Yep.

EL CENTRAL: Another question. Obviously, everybody's aware of the pressures on the southern border and there's movements to move immigrants to other cities, particularly New York and other cities outside of the south. What can the state do to support cities like Detroit, Grand Rapids and other destinations that are right now preparing for an influx of immigrants in terms of their needs for housing and other social services, let alone eventually work opportunities?

Governor Gretchen Whitmer, center, is interviewed by EL CENTRAL Managing Editor Robert Dewaelsche. Also pictured, Poppy Hernandez, Executive Director, Global Michigan, left, and TaNisha Cameron, Communications Manager, Office of Governor Gretchen Whitmer. Photo by Alejandro Ugalde

Governor: I think one of the things we've done a lot of, I think very foundational things, right? Expanding access to health care, making sure that we're building out affordable housing options, finally funding our schools in an equitable manner so that English Language Learners get the extra support that they need to level the playing field, among others, like kids with special needs. And I think this is a prime example of a lot of the foundational things that we've done as we look at the international aspect to what is happening here and some of the crass moves that some governors are making in terms of treating people with such disrespect and cruelty. In my estimation, we need the federal government to be great partners so that we've got the resources to ensure if and when people come to Michigan, that we can do what we need to keep them safe and also help people have a path into the workforce. Poppy, did you have anything you want to add?

Poppy Hernandez:

I would love to add to this because I think that this governor has done more to create a welcoming Michigan than any governor that I know of in recent history or (our) long history. So really when you talk about what are we doing to prepare for folks wherever they're coming from, the Office of Global Michigan, our budget was, I mean, we went from $500,000 annually, state appropriation to $15 million. All of those dollars are going directly into local communities to support people coming into our state to ensure that they can fully integrate into our workforce. They have great schools to attend; they have access to health care. This governor signed into the budget the expansion of Medicaid so that children and moms are covered regardless of their status. This governor has done more, as I said, to make sure that Michigan is a welcoming state than we've ever seen in our history, as far as I'm concerned. So the proof is in the pudding, right. It's where the dollars are. And we're moving in that direction. We are ready for people to come into our state. So come on in.

EL CENTRAL: (To Ms. Hernandez): There's another interview there to get down to the details on those things. Excellent.

Governor: All right, one last question

EL CENTRAL: As far as appointments to judgeships and boards and commissions of Hispanics and other people of color, obviously you're committed to that. What messaging do you have for the Hispanic community in particular in terms of accessing that whole process which can be cumbersome? We talked a little bit about that (To Ms. Hernandez) earlier tonight.

Governor: Yeah, well, number know we've made great strides in terms of diversifying boards and commissions on the bench in Michigan over the last five years. I'm really proud of that work. But we're always looking for great candidates, diverse candidates, candidates who bring a different perspective into a realm where maybe that voice hasn't been at the table before. So I would encourage your people who are interested to make sure that they apply. And it's not a cumbersome process. It does take an application, though, to be considered, and we go through our process. But there are boards from the Michigan Women's Commission to the bench. We make thousands of appointments every year. So there are different ways people can participate. If they go to our website, check it out, and see all the different places where perhaps they might have something to contribute, we welcome that. We encourage it. We need more great candidates.

EL CENTRAL: (We're) going to try and help publicize that.

Governor: Good. All right. Thank you.

First Latina Artist to Sign Beam

Con't from pg. 1

The woman is enclosed by a skull, representing death as the ultimate chance for transformation and restarting the cycle of life. This painting teaches us that every stage of life is a unique and valuable experience and that we have something worthy to offer at every point in our journey.

Mendoza's spirituality can be felt through her art and the gallery walls where her art hangs. Even more so when speaking to her. "Her spirituality has deep and powerful roots in the beliefs and ceremonies of Native Americans on both sides of the border," said Dr. Jose Cuello after the beam signing. "Nora's life is both literally and figuratively a Sun Dance. Each piece of her art is an original creation that emerges from a world of dreams, a complex mix of bright colors that cannot be separated from each other."

Throughout her life, Mendoza has been celebrated as a Latina artist, but her journey to success has been colorful. She was born into a family of Mexican heritage in Weslaco, Texas, and her passion for art led her to pursue her dreams in Michigan. There, she worked under the guidance of established Michigan painters Richard Koslow and Ljubo Biro, who helped her hone her skills.

Over the years, Mendoza's artistic style has evolved to encompass a range of approaches, including abstract and realism. However, her art has always been rooted in activism, with her works frequently addressing vital social issues such as civil rights, indigenous identity, fair labor practices, and advocating for the rights of migrant workers. Her art reflects the world around her, and she uses it to raise awareness about the issues that matter to her.

The celebratory evening was as much Mendoza's as it was Dalia Reyes, the newest and first Latina Gallery Director of the Scarab Club.

Stages of a Life: A Retrospective will be displayed until Nov. 11, 2023 and there will be an Artist Talk on Thursday, October 26 at 6 pm at the Scarab Club, located at 217 Farnsworth St, Detroit, MI 48202.

Amber Ogden is a freelance writer born and raised in Detroit. She has published work in Forbes, Chevy in the D, Model D, and Rachel Ray Every Day. She enjoys art, culture, and eating through the city in her free time.

Primera artista latina en firmar el Scarab Club

Con't de pg. 1

La pintura presentada representa a una mujer joven en varias etapas de su vida, envejeciendo con gracia y con ojos sabios y conocedores. Su rostro muestra las marcas del tiempo y las lecciones aprendidas en el camino, el cual está lleno de carácter y experiencia. La mujer está rodeada por una calavera, representando la muerte como la última oportunidad de transformación y reinicio del ciclo de la vida. Esta pintura nos enseña que cada etapa de la vida es una experiencia única y valiosa y que tenemos algo digno que ofrecer en cada punto de nuestro viaje.

La espiritualidad de Mendoza se puede sentir a través de su arte y las paredes de la galería donde cuelga su arte. Más aún cuando habla con ella. "Su espiritualidad tiene raíces profundas y poderosas en las creencias y ceremonias de los pueblos originarios de ambos lados de la frontera", dijo el Dr. José Cuello después de que la viga fuera firmada. "La vida de Nora es literal y figurativamente una Danza del Sol. Cada pieza de su arte es una creación original que surge de un mundo de sueños, una mezcla compleja de colores brillantes que no se pueden separar unos de otros."

A lo largo de su vida, Mendoza ha sido reconocida como artista latina, pero su viaje hacia el éxito ha sido colorido. Nació en una familia de ascendencia mexicana en Weslaco, Texas, y su pasión por el arte la llevó a perseguir sus sueños en Michigan, donde trabajó bajo la dirección de los pintores establecidos de Michigan, Richard Koslow y Ljubo Biro, quienes la ayudaron a perfeccionar sus habilidades.

A lo largo de los años, el estilo artístico de Mendoza ha evolucionado para abarcar una variedad de enfoques, incluidos lo abstracto y el realismo. Sin embargo, su arte siempre ha estado arraigado en el activismo, y sus obras abordan con frecuencia cuestiones sociales vitales como los derechos civiles, la identidad indígena, las prácticas laborales justas y la defensa de los derechos de los trabajadores migrantes. Su arte refleja el mundo que la rodea y lo utiliza para crear conciencia sobre los temas que le importan.

La velada de celebración fue tanto de Mendoza como de Dalia Reyes, la nueva y primera directora latina de galería del Scarab Club.

Stages of a Life: A Retrospective se exhibirá hasta el 11 de noviembre de 2023 y habrá una charla de la artista el jueves 26 de octubre a las 6 p. m. en el Scarab Club, ubicado en 217 Farnsworth St, Detroit, MI 48202.

Amber Ogden es una escritora independiente que nació y creció en Detroit. Ha publicado trabajos en Forbes, Chevy in the D, Model D y Rachel Ray Every Day. Disfruta del arte, la cultura y comer en la ciudad en su tiempo libre.

SPECIAL, WORLD'S CULTURES

Zinancatán, Chiapas, MX

Zinancatán, Chiapas, México

The Tzotzil culture, descendants of the Mayan culture, is located in southern Mexico, mainly in Chiapas. The Tzotzils celebrate the well-known Zinancatán Carnival year after year, which has a prominent place in their culture. Zinancatán is located in the mountain range adjacent to San Cristóbal de las Casas; which makes their traditional costumes able to withstand the low temperatures of the mountains.

The highland region of Chiapas is known for its textile tradition, since women have developed techniques to make backstrap looms, which makes their fabrics a cultural expression.

Traditional clothing is commonly made of dark fabrics that combine embroidery of flowers of different sizes and colors, although the accentuated use of purple with bright threads is notable. Women wear a cape or mochaval over their blouse that is tied into the skirt with an embroidered belt. Unlike the men who wear their pants and shirt, with a type of coat that is also embroidered.

It is important to mention that Zinancatán is one among other autonomous municipalities of Mexico, which means that the community is governed by a regime of uses and customs independent of the laws of the Mexican constitution.

The carnival is held in February and is run by the traditional authorities. During the festivals, symbolic representations are carried out that refer to the cultural exchanges between the Mayans and the Aztecs by integrating Quetzalcóatl or Feathered Serpent, which in their Tzotzil language is named K'uk'ui Chon.

The festival is held in february in honor of San Sebastian the martyr, the Patron Saint of the community, and is linked to the times of one of the Mayan calendars in which it was indicated that to adjust the 365 days of the solar year it was necessary to add five days; during this five days there was no law, which meant great forms of chaos.

Another explanation of the carnival is the legend that Saint John said to Christ, lord of the sky and the sun: "I baptized you, but since my job is so small unlike yours, you can choose your festivities." God, upon hearing this, called on the mountains so that they too would have souls and from there the eyes of water arose to continue with the baptism.

Although this is one of the legends that is still valid, the way in which the celebration is carried out has to do with the origin of the world written in in the sacred book called Popol-Vuh; as it traces mythical episodes written in the book, as well as ritual expressions that in turn they reinforce the ties of the Tzotzil community of Zinancatán. For the ritual, it is necessary for the mayordomos to purify themselves by running over a grass that is dry and on fire. For this festival there are representations of three groups of characters, the ape men, the jaguar men, among others.

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Diles que lo viste en EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Zinancatán, Chiapas, MX

Zinancatán, Chiapas, México

La cultura Tzotzil, descendientes de la cultura maya, está ubicada en el sur de México, principalmente en Chiapas. Los tzotziles año con año celebran el conocido Carnaval de Zinancatán que tiene un lugar preponderante para su cultura. Zinancatán se encuentra en la serranía colindante con San Cristóbal de las Casas; lo que hace que sus trajes tradicionales sean para soportar las bajas temperaturas de las montañas.

La región altos de Chiapas es conocida por su tradición textil, ya que las mujeres han desarrollado técnicas para hacer telar de cintura, lo que hace de sus telas una expresión cultural.

La ropa tradicional se, comúnmente, en telas oscuras que combinan los bordados de flores de diferentes tamaños y colores, aunque es notorio el acentuado uso del color morado con hilos brillantes. Las mujeres usan una capa o mochaval por encima de su blusa que se faja en la falda atada con un cinturón también bordado. A diferencia de los hombres que llevan su pantalón y camisa, con un tipo de gabán también bordado.

Es importante mencionar que Zinancatán pertenece a los municipios autónomos de México, es decir, la comunidad es regida por un gobierno de usos y costumbres independientes a las leyes de la constitución mexicana.

El carnaval es realizado en febrero y está a cargo de las autoridades tradicionales. Durante las fiestas se llevan a cabo representaciones simbólicas que refieren a los intercambios culturales entre mayas y los aztecas al integrar a Quetzalcóatl o Serpiente Emplumada, que en su lengua Tzotzil es nombrada como K'uk'ui Chon.

La festividad se hace en honor a San Sebastián el martir, el Santo Patrono de la comunidad, y que se empalma con los tiempos de uno de los calendarios mayas en el que se indicaba que para ajustar los 365 días del año solar era necesario sumar cinco días en que no había ley, lo que implicaba grandes formas de caos.

Otra de las explicaciones del carnaval cuenta la leyenda que San Juan le dijo a Cristo, señor del cielo y del sol: "Yo te bauticé, pero como mi oficio es tan pequeño a diferencia del tuyo, que tú puedes escoger tu fiesta.". Dios, al escuchar esto, hizo un llamamiento a los montes para que estos también tuvieran alma y de ahí surgieron los ojos de agua para continuar con el bautizo.

Aunque esta es una de las leyendas que siguen vigentes, la forma en que lleva a cabo el festejo tiene que ver con el origen del mundo escrito en el Popol-Vuh, pues calca episodios míticos escritos en el libro, así como expresiones rituales que a su vez refuerzan los lazos de la comunidad Tzotzil de Zinancatán. Para el ritual es necesario que los mayordomos se purifiquen corriendo por encima de un zacate que está seco y en llamas. Para esta festividad hay representaciones de tres grupos de personajes, los hombres monos, hombres jaguar, entre otros.

Espera nuestro Especial Semanal

CULTURAS LATINOAMERICANAS,

by Mariana Ayón RV

EDUCATION / EDUCACIÓN

Michigan Colleges Unite to Offer Admissions Info en Español

Four respected local university institutions came together to offer a unique opportunity for Spanish-speaking students and their parents at El Kiosko Hall in Southwest Detroit during the evening of October 12.

Representatives from the respective Admissions and Financial Aid Offices offered printed information and live presentations to approximately 80 high school students, recent graduates and their parents. Participating in the unique event, called "Explorando tu Futuro" were representatives from Michigan State University, the University of Detroit Mercy, the University of Michigan and Wayne State University.

In addition, a panel of students currently enrolled in the participating universities shared their experiences with their peers and encouraged them to explore the college opportunities available to help advance their careers.

University Admissions Resources

University of Michigan
Daniela Guzman
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(313) 593-4777
www.admissions.umich.edu

Wayne State University
Dr. Vanessa Reynolds
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(313) 577-4900
www.wayne.edu/admissions

Michigan State University
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(517) 884-9705
www.admissions.msu.edu

University of Detroit Mercy
Leslie Samano
lsamano@udmercy.edu
(313) 993-1433
www.udmercy.edu/admission

Las universidades de Michigan se unen para ofrecer información sobre las admisiones en español

Cuatro respetadas instituciones universitarias locales se reunieron para ofrecer una oportunidad única para los estudiantes de habla hispana y sus padres en El Kiosko Hall en el suroeste de Detroit, durante la tarde del 12 de octubre.

Representantes de las Oficinas de Admisiones y Apoyo Económico, ofrecieron información impresa y presentaciones en vivo a aproximadamente 80 estudiantes de secundaria, recién graduados y sus padres.

En el evento, denominado "Explorando tu Futuro", participaron representantes de la Universidad de Michigan State, la Universidad de Detroit Mercy, la Universidad de Michigan y la Universidad de Wayne State.

Además, un panel de estudiantes actualmente matriculados en las universidades participantes, compartió sus experiencias con sus compañeros y los animó a explorar las oportunidades universitarias disponibles para ayudarlos a avanzar en sus carreras.

College Admissions Fair - Parents speak with UM representatives. Photo by Lamar Dupree

EL CENTRAL
HISPANIC NEWS

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EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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NATIONAL HISPANIC

The Latino Talent Awards Showcased the Unity and Diversity of the Latino community.

The Latino Talent Awards recognized the work, service and volunteerism of many Hispanics/Latinos in Michigan and honored the unsung heroes of Michigan's Hispanic community.

by Liliana Herbstreith, Photos by Darrett Pullins

To celebrate for the fifth time in Hispanic Heritage Month, the Hispanic/Latino community celebrated the Latino Talent Awards on October 12 from 6:30 PM to 10:30 PM at The Lincoln Manor - Banquet Hall & Event Center in the City of Lincoln Park.

The event was organized by Minority Education Freedom Foundation, a 501(c)(3) non-profit organization, and Latinos En Michigan TV, a Hispanic digital news media created in October 2016 by Liliana Ospina, in a "mompreneur," to share news and video content for the Hispanic Community in Michigan.

The Awards were created by Colombian journalist and immigrant Liliana Ospina, and her husband John Herbstreith in 2019 to honor those who, through volunteerism and hard work, help the Hispanic community, becoming unsung heroes in Michigan.

Originally Talentos Latinos began as a section that highlighted through video content positive stories and the work of Latinos whose commitment, hard work, and volunteerism, helped improve the lives of fellow Hispanics/Latinos in Michigan.

The stories were shared on social media through the Latinos En Michigan TV Facebook page and were the basis for the launch of the awards to recognize these important members of the community.

The Talentos Latinos Awards began that night with a brief presentation by Jesse Gonzales Sr., better known as the "Mayor of Southwest Detroit", who was the Keynote speaker for the event and spoke about his personal life and experiences dealing with death.

More than 250 people attended the Latino Talent Awards, which highlighted the diversity of the Latino community and recognized the work, service and contributions of many Hispanic/Latino unsung heroes who work hard for the betterment of the Latino community in Michigan.

The awards recognized Hispanics/Latinos from different industries such as non-profit organizations, arts, finance, economic development, manufacturing, and health care, among others.

From the beginning, the Latino Talent Awards have been well received by the community and the Hispanic community generally nominates the person they believe deserves an award. This year 14 individuals received a Latino Talent Award.

The award winners are Hispanics/Latinos who have not only excelled in their respective fields, but have had a significant impact on the Hispanic/Latino community in Michigan.

People from Grand Rapids, Ann Arbor, Flint, Troy, Canton, White Lake and other Michigan cities came together to celebrate the diversity of the Hispanic community at an event that promoted the arts, volunteerism and entrepreneurship among Michigan Hispanics/Latinos.

And as usual, the awards showcased the cultural diversity of the Hispanic/Latino community with live performances by local Latino artists showcasing folkloric dances from Argentina, Brazil, Colombia, Mexico, Panama, Peru, and Venezuela.

In addition, there were live performances by Panamanian drum and piano duo OB Zuccari, Afro-Colombian singer-songwriter TommyPAPI, and a live concert by Mexican singer Adel Ruelas and the band Luna.

At the end of the event, those who participated in the Latino Talent Awards were very happy to have been able to enjoy an evening that brought together individuals from various parts of Michigan and showcased the cultural diversity of Michigan's Hispanic/Latino community.

2023 Latino Talent Award Winners / Los Premios Talentos Latinos

1. Latino Legacy Award
   Premio al Legado Latino
   Maria Salinas of Congreso de las Comunidades
2. Latino Business Leader
   Líder Empresarial Latino
   José L. Flores
3. Latino Altruism
   Altruismo Latino
   Jesse Venegas and Yesenia Lara Venegas.
4. Latino Community Leader
   Líder Comunitario Latino
   Roberto Nearon
5. Latino Business Ambassador
   Embajador de Negocios Latinos
   Reverend Patricia Gandarilla
6. Artist Activist
   Artista Activista
   Alberto Marin
7. Michigan Latino Media Personality
   Personalidad de los Medios Latinos de Michigan
   Luis Mendieta
8. Latin Music Talent
   Talento Musical Latino
   Luis Mendieta
9. Latin Music Promoter
   Promotor de la Musical Latina
   OB Succari
10. Latina Community Leader
    Líderesa Latina Comunitario
    Angela Reyes
11. Ballet Folklorico Latino
    Ballet Folclórico Latino
    Nazareth Sandoval - Reflejos Latinos
12. Latino Volunteer
    Voluntaria Latina
    Karina Lambaren
13. Latin Motivation
    Motivación Latina
    Reyna Garcia
14. Michigan Latina Entrepreneur
    Empresaria Latina de Michigan
    Paloma Valdez Garcia

Amanda Accica and Donato Juarez National Tango Champions presented a tango from Argentina

Reyna Garcia from Grand Rapids Michigan received the Motivacion Latina Award

Camila Gomez and Ana Daisy Gutierrez representing Colombia

The Michigan Hispanic Chamber of Commerce Team is led by Mark Moreno.

HERITAGE MONTH

Los Premios Talentos Latinos Mostraron la Unidad y Diversidad de la Comunidad Latina

Los Premios Talentos Latinos reconocieron el trabajo, servicio y voluntariado de muchos hispanos/latinos en Michigan y también honraron a los héroes anónimos de la comunidad hispana de Michigan

por Liliana Herbstreith, fotos por Darrett Pullins

Para celebrar por quinta vez en el Mes de la Herencia Hispana, la comunidad hispana/latina celebró los Premios Talentos Latinos el 12 de octubre de 6:30 PM a 10:30 PM en The Lincoln Manor - Banquet Hall & Event Center en la ciudad de Lincoln Park.

El evento fue organizado por Minority Education Freedom Foundation, una organización sin fines de lucro 501(c)(3), y Latinos En Michigan TV, un medio digital hispano de noticias creado en octubre de 2016 por Liliana Ospina, en una "mamá emprendedora", para compartir noticias y contenido de video para la Comunidad Hispana en Michigan.

Los Premios fueron creados por la periodista e inmigrante colombiana Liliana Ospina, y su esposo John Herbstreith en 2019 para honrar a aquellos que, a través del voluntariado y el trabajo duro, ayudan a la comunidad hispana, convirtiéndose en héroes anónimos en Michigan.

Originalmente Talentos Latinos comenzó como una sección que destacaba a través de contenido de video historias positivas y el trabajo de latinos cuyo compromiso, trabajo y voluntariado, ayudaban a mejorar la vida de sus compatriotas hispanos/latinos en Michigan.

Las historias fueron compartidas en las redes sociales a través de la página de Facebook de Latinos En Michigan TV y fueron la base para el lanzamiento de los premios para reconocer a estos importantes miembros de la comunidad.

Los premios comenzaron con una breve presentación de Jesse Gonzales Sr, mejor conocido como el "Alcalde de Southwest Detroit", quien fue el Keynote speaker del evento y hablo de su vida personas y sus experiencias enfrentando la muerte.

Más de 250 personas asistieron a los Premios Talentos Latinos, que destacaron la diversidad de la comunidad latina y reconocieron el trabajo, el servicio y las contribuciones de muchos hispanos/latinos héroes anónimos que trabajan duro para el mejoramiento de la comunidad latina en Michigan.

Los premios dieron reconocimiento a hispanos/latinos de diferentes industrias como organizaciones sin fines de lucro, artes, finanzas, desarrollo económico, manufactura, y cuidado de la salud, entre otras

Desde el principio, los Premios Talentos Latinos han sido bien recibidos por la comunidad y, por lo general, la comunidad hispana nomina a la persona que cree que merece un premio. Este año 14 personas recibieron un Premio Talentos Latinos.

Las personas que ganaron los premios son Hispanos/Latinos que no sólo se han destacado en sus respectivos campos, sino que han tenido un impacto significativo en la comunidad hispana/latina de Michigan.

Personas de Grand Rapids, Ann Arbor, Flint, Troy, Canton, White Lake y otras ciudades de Michign se reunieron para celebrar la diversidad de la comunidad hispana en un evento que promovió el arte, el voluntariado y el espíritu empresarial entre los hispanos/latinos de Michigan.

Y como de costumbre, los premios presentaron la diversidad cultural de la comunidad hispana/latina con actuaciones en directo de artistas latinos locales que mostraron danzas folclóricas de Argentina, Brasil, Colombia, México, Panamá, Perú y Venezuela.

Además, hubo actuaciones en vivo del dúo panameño de tambores y piano OB Zuccari, del cantautor afrocolombiano TommyPAPI y un concierto en vivo de la cantante mexicana Adel Ruelas y la banda Luna.

Al final del evento, las personas que participaron en los Premios Talentos Latinos quedaron muy contentas de haber podido disfrutar de una velada que reunió a individuos de diversas partes de Michigan y mostró la diversidad cultural de la comunidad hispana/latina de Michigan.

Adel Ruelas, singer from Mexico

Jesse Gonzales Sr - keynote speaker

Maria Salinas won the Latina Legacy Award

Robert Nearon, winner of the Lide Latino Comunitario Award, with his wife

Arlette Ramirez Miranda presented folkloric dances from Peru

The Folkloric Ballet Reflejos Latinos from Ann Arbor presented shows from Venezuela and Panama

Rivalry Weekend !!!

EL CENTRAL
HISPANIC NEWS
SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

The University of Michigan Wolverines (#2 in the country, 7-0, 4-0 in the Big Ten conference), continue dominating and remain undefeated.

The Wolverines hosted the Indianna Hoosiers (2-4, 0-3 in the Big Ten conference), at the Big House, this past Saturday.

The Wolverines defeated the Hoosiers, 52-7.

The University of Michigan Wolverines travel to Spartan Stadium, this Saturday, October 21st, 7:30 pm (NBC) to take on the Michigan State Spartans (2-4, 0-3 in the Big Ten conference), for Rivalry Weekend, under the lights.

The Wolverines are currently in possession of the Paul Bunyan trophy (the rivalry trophy between the Wolverines and Spartans), and look to continue holding onto the Paul Bunyan trophy and remaining undefeated against the Spartans.

The Michigan State Spartans lost a very close game to the Rutgers Scarlet Knights, on Saturday, 24-27.

The Detroit Lions (5-1) continue their win streak, defeating the Tampa Bay Buccaneers (3-2), 20-6.

The Detroit Lions are still on the road, taking on the Baltimore Ravens (4-2), this Sunday, October 22nd at 1:00 pm (FOX), before coming back home to Ford Field, on Monday, October 30th, to host the Las Vegas Raiders at 8:15 pm (ESPN).

Photos below are from the Wolverines vs. Hoosiers game

Photos by Suzie C. Baker

Wolverines TE #18 Colston Loveland making a play against the Indiana Hoosiers defense. Loveland had 3 receptions for 80 yards with 1 TD

Wolverines QB #9 J.J. McCarthy making a play. McCarthy was 14 for 17 for 222 yards with 3 TDs. McCarthy also had 10 carries for 27 yards. J.J. McCarthy was also named Big Ten Offensive player of the Week

After the game, Wolverines players do a take on the "Wolverine Leap" at the Big House. When Michigan plays at the Big House and wins, the team join fans and students in the stands

PLAYOFFS? YES, PLAYOFFS!

EL CENTRAL HISPANIC NEWS SPORTS

Pateando la No. 5

David Levine
EL CENTRAL

It looked like a dismal end to the season last Saturday as Detroit City stepped out onto Keyworth Stadium's soaked, artificial surface. Under a dull, gray sky with rain spitting down onto the faithful, Trevor James led the team out for his last regular season game as head coach before taking up the search for his successor.

James decided that with the team needing just a point to slip ahead of Miami FC into the final playoff spot, he would align the team so that the minimum could be achieved. Given DCFC was comfortably the lowest scoring team in the entire USL Championship this season, that meant solidifying the back line. Inserting Dominic Gasso as an extra defensive midfielder did just that. In the end, DCFC got what they played for, a 0-0 draw with the Pittsburgh Riverhounds.

DCFC looked like they were playing for the draw from start to finish. They failed to produce a single shot on goal, coming close only from a number of corner kicks. Forward Ben Morris cut an isolated figure up front, receiving no service and no support. During the last quarter of the game, the fans started howling for one of the three attacking players remaining on the bench to come in and push for the win. But, James left Yazeed Mathews, Dario Suarez and Richard Ballard on the bench, much to the frustration of the people who braved the weather. Did he really know a draw would be enough? It's hard to believe he was that confident in Sacramento going for a win they didn't need.

The draw did bring them level with Miami FC, but because DCFC had a draw in Miami and a win at home, under the USL system, they held the first tie-breaker. That meant Miami needed to draw in Sacramento later in the evening. However, a 69th minute goal by former Michigan Bucks star Russell Ciccerone gave Sacramento the win, eliminated Miami, and handed DCFC the miracle finish that takes them to this weekend's conference quarterfinal.

DCFC's reward for making the playoffs for the second year running is a trip to Pittsburgh to face a Riverhounds team that finished with the best record in the league, including a 2-0 over Le Rouge earlier in the season. Having held the Riverhounds to no goals and few chances at Keyworth will give the defense confidence going into Highmark Stadium, but the club will be dogged by their lack of attacking prowess.

This weekend, there is a good chance James will have to use some attackers at some point. DCFC will be big underdogs, having finished 26 points behind the Riverhounds. The Riverhounds had little trouble generating offense during the regular season. Albert Dikwa led the league with 20 goals and Kenardo Forbes tied for the league lead in assists with 10. Number one goalkeeper Jahmali White had 10 clean sheets, just one fewer than DCFC's Nate Steinwascher.

Not much will be expected from DCFC in Pittsburgh. This is a major mismatch on paper, but games aren't played on paper. They have nothing to lose and will have a solid contingent of supporters making the four hour drive to the Steel City, hoping for another miracle and no doubt bringing some noise. Perhaps Trevor James and the boys can produce one more miraculous finish and extend the 2023 season another week.

DCFC Playoff Bound

Detroit City FC mens are playoff bound.

The Detroit City FC mens hosted the Pittsburgh Riverhounds at Keyworth Stadium, this past Saturday.

The Detroit City FC mens drew against the Riverhounds, 0-0.

The Detroit City FC mens squeezed into the playoffs, because of Sacramento beating Miami FC, which moved Miami FC out of the playoffs and moved DCFC into the playoffs.

The DCFC will take on Pittsburgh Riverhounds in the first round of the playoffs, this Saturday, October 28th at 7:00 pm (MyTV20)

For more information about Detroit City FC, visit detcityfc.com.com and follow @DetroitCityFC on Twitter and Facebook and @detroitcityfootballclub on Instagram.

Photos from Saturday's game of DCFC vs. Riverhounds

Photos provided by Detroit City FC (photographer Jon DeBoer)

EDITORIAL OPINION

El futuro del voto latino

Por José López Zamorano
Para La Red Hispana

Cada 4 años, en cada ciclo de elecciones presidenciales escuchamos algo así: el voto latino va a definir el resultado electoral. Todo parece indicar que 2024, no será la excepción.

De acuerdo con la mayoría de los expertos, las próximas elecciones presidenciales se definirán en 6 estados "campos de batalla": Arizona, Nevada, Georgia, Wisconsin, Michigan y Pensilvania.

Y por supuesto sabemos que el margen de triunfo de Joe Biden sobre Donald Trump en Arizona y Nevada en 2020 fue de menos de .5% y de menos de 3% respectivamente.

Es decir, es claro que la proporción de votantes hispanos en esos dos estados es mucho mayor que el margen de triunfo en 2020, con lo cual en efecto del voto latino será decisivo, no sólo en el desenlace electoral en esos dos estados, sino quizás en la elección presidencial.

Pero la pregunta es, cómo lograr un porcentaje de participación electoral hispana que refleje en las urnas nuestra fuerza demográfica, en momentos que enfrentamos serias amenazas a la democracia: desinformación, polarización política, intentos de supresión del voto, crímenes de odio e incluso violencia política.

Recientemente, en pleno mes de la Herencia Hispana, tuve oportunidad de moderar un panel durante la reunión anual del CHCI -el venerable Congressional Hispanic Caucus Institute. Y aunque hubo matices en la respuesta a esa pregunta, el grado de coincidencia durante el panel fue claro:

La comunidad latina no es un monolito, es importante que los mensajes de participación cívica lleguen sean diferenciados para cada comunidad, abarquen desde los adultos jóvenes hasta las personas mayores de 65, y que sean en su idioma preferido.

"La mejor manera de acercarnos a nuestra audiencia es hacerlo temprano, hacerlo con frecuencia y encontrarnos donde ellos están. Eso significa hablarles en español en ocasiones, pero de una manera culturalmente competente. También implica buscarlos en todas las plataformas mediáticas para asegurar que conectemos con todas las edades, todas y todos los orígenes", comentó la legisladora demócrata de California, Linda Sánchez.

Para el presidente de la organización de promoción del voto y registro de votantes, Mi Familia Vota, Héctor Sánchez, es fundamental entender que los hispanos no solamente son

decisivos en el desenlace electoral, si no lo han sido para defender a la democracia, bajo condiciones adversas, como en el ciclo electoral del 2020.

"Por eso es importante el trabajo político en la capital de la nación, porque es importante que usemos ese músculo político para avanzar nuestras prioridades políticas", dijo.

Federico Torre, vicepresidente y director regional de ventas de Televisa/Univision, destacó el papel de los medios informativos no solamente para alentar la participación cívica, como lo está haciendo la empresa con su campaña "Hazte Ciudadano", sino también para confrontar la desinformación deliberadamente diseñada para suprimir el voto latino.

Para la legisladora demócrata, y actual asesora de la campaña Gifford, Debbie Mucarsel-Powell, uno de los problemas es que existe insuficiente representación de hispanos que aparecen en los medios, como empresarios, líderes comunitarios o políticos, que aparecen en los medios en inglés, pero insuficientemente en los medios en español. "Necesitamos mostrarle a Estados Unidos el poder de los latinos en este país".

Es un reto complejo, pero es evidente que el empoderamiento de los latinos en los Estados Unidos implica encarar desde la educación, el empleo, la representación política y la participación cívica. La buena noticia es que muchas organizaciones están haciendo lo correcto, la mala noticia es que muchas otras o no lo están haciendo o lo hacen de manera insuficiente.

Opinions in this column are not necessarily those of the Publisher or Editor

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Inspiring Quote of the Week !!!

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- G.K. Chesterton

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EL CENTRAL
HISPANIC NEWS

Salud/*Health*

Why You Should Invest in Your Skin Health This Winter

(StatePoint) If you're like many people, you may view the change in seasons as a sign that you can give up your skin protection routine. Experts say that everyone, regardless of gender or lifestyle, should be careful not to neglect their skin health in winter.

"Don't let your guard down in winter. Not only are you still being exposed to sunlight and pollution during these colder months, but there are sources of free radicals indoors, too, which may have negative, aging effects on the skin. Free radicals can damage the skin's cell function and DNA, and DNA changes can cause mutations that could increase the risk of skin cancer," says New York City dermatologist, Rachel Nazarian, MD FAAD.

To invest in your skin health this winter, and all year long, Dr. Nazarian offers the following tips:

• Keep up the SPF routine: Don't stow that bottle of sunscreen away. Applying a topical broad spectrum SPF on a daily basis can protect skin while you're enjoying time outdoors, and from the incidental exposure that occurs through a window indoors, like while driving.

• Get inside-out protection: While topical protection is important, ultimate skin health requires a combination of defensive layers. Amp up your skin protection routine with a daily supplement, such as Heliocare. Clinically proven and recommended by 87% of U.S. dermatologists surveyed, this vegan and gluten-free natural dietary supplement has antioxidant effects on the skin and contains Fernblock PLE Technology, a proprietary ingredient that aids in neutralizing the negative effects of free radicals.

"Whether you're a ski bunny or prefer hibernating all winter, there is no time of year when your skin is immune to free radical damage. A popular skin concern, collagen loss, can create signs of aging, like wrinkling, fine-lines and sagging. Since collagen loss is expedited by free radical damage, taking a supplement like Heliocare all year long is an excellent precaution to help your body protect itself from the damaging effects of free radicals ," says Dr. Nazarian.

To learn more, visit heliocare.com.

• Put the device down: Protect your skin from excessive exposure to the visible light emitted from digital screens like cellphones and laptops. To do so, find small, easy ways to limit your device usage, such as reading a physical book instead of using an e-reader, or by playing records instead of playing DJ on your phone. You can also reduce exposure by simply turning the brightness down on your devices.

• Sleep tight: During sleep, your body works to repair organs, including your skin. Getting high-quality, deep sleep each night is essential for healthy skin and a healthy body. According to The Sleep Foundation, the best temperature for sleep is 65 degrees Fahrenheit, even in winter when it's tempting to turn up the thermostat to toastier temperatures. You can also promote good sleep by keeping alcohol and caffeine consumption in check, and by turning to sleep apps that soothe users into slumber with meditation and white noise.

To help keep skin healthy and radiant, don't neglect it in the winter months. For best results, ensure your care routine is both comprehensive, and year-round.

Por qué debería invertir en la salud de su piel este invierno

(StatePoint) Si usted es como muchas personas, puede ver el cambio de estaciones como una señal de que puede abandonar su rutina de protección de la piel. Los expertos afirman que todo el mundo, independientemente de su sexo o estilo de vida, debe tener cuidado de no descuidar la salud de su piel en invierno.

"No bajes la guardia en invierno. No sólo sigues expuesto a la luz solar y a la contaminación durante estos meses más fríos, sino que también hay fuentes de radicales libres en el interior, que pueden tener efectos negativos y de envejecimiento en la piel. Los radicales libres pueden dañar la función celular de la piel y el ADN, y los cambios en el ADN pueden causar mutaciones que podrían aumentar el riesgo de cáncer de piel", dice la dermatóloga de la ciudad de Nueva York, Rachel Nazarian, MD FAAD.

Para invertir en la salud de su piel este invierno y durante todo el año, el Dr. Nazarian ofrece los siguientes consejos:

• Mantenga la rutina del SPF: no guarde esa botella de protector solar. La aplicación diaria de un SPF tópico de amplio espectro puede proteger la piel mientras disfruta del tiempo al aire libre y de la exposición incidental que ocurre a través de una ventana en el interior, como mientras conduce.

• Obtenga protección de adentro hacia afuera: si bien la protección tópica es importante, la salud óptima de la piel requiere una combinación de capas defensivas. Mejora tu rutina de protección de la piel con un suplemento diario, como Heliocare. Clínicamente probado y recomendado por el 87% de los dermatólogos estadounidenses encuestados, este suplemento dietético natural vegano y sin gluten tiene efectos antioxidantes en la piel y contiene tecnología Fernblock PLE, un ingrediente patentado que ayuda a neutralizar los efectos negativos de los radicales libres.

"Ya sea que seas un conejito de esquí o prefieras hibernar todo el invierno, no hay ninguna época del año en la que tu piel sea inmune al daño de los radicales libres. Un problema popular de la piel, la pérdida de colágeno, puede crear signos de envejecimiento, como arrugas, líneas finas y flacidez. Dado que el daño de los radicales libres acelera la pérdida de colágeno, tomar un suplemento como Heliocare durante todo el año es una excelente precaución para ayudar a su cuerpo a protegerse de los efectos dañinos de los radicales libres", dice el Dr. Nazarian.

Para obtener más información, visite heliocare.com.

• Deje el dispositivo a un lado: Proteja su piel de la exposición excesiva a la luz visible emitida por pantallas digitales como teléfonos celulares y computadoras portátiles. Para hacerlo, encuentre formas pequeñas y sencillas de limitar el uso de su dispositivo, como leer un libro físico en lugar de usar un lector electrónico o reproducir discos en lugar de hacer de DJ en su teléfono. También puedes reducir la exposición simplemente bajando el brillo de tus dispositivos.

• Duerma bien: Durante el sueño, su cuerpo trabaja para reparar órganos, incluida la piel. Dormir profundamente y de alta calidad cada noche es esencial para tener una piel y un cuerpo sanos. Según The Sleep Foundation, la mejor temperatura para dormir es 65 grados Fahrenheit, incluso en invierno, cuando es tentador subir el termostato a temperaturas más cálidas. También puede promover un buen sueño manteniendo bajo control el consumo de alcohol y cafeína, y recurriendo a aplicaciones para dormir que calmen a los usuarios con meditación y ruido blanco.

Para ayudar a mantener la piel sana y radiante, no la descuides en los meses de invierno. Para obtener mejores resultados, asegúrese de que su rutina de cuidado sea integral y dure todo el año.

PNC Pops Series continues with Latin Fire

Conducted by Enrico Lopez-Yañez and featuring José Sibaja and Mónica Ábrego, October 27-29

The Detroit Symphony Orchestra (DSO) will continue its PNC Pops Series at Orchestra Hall with Latin Fire on October 27-29. The program will be conducted by Enrico Lopez-Yañez and feature Costa Rican trumpeter José Sibaja and Mexican vocalist Mónica Ábrego. Latin Fire is a passion-filled celebration of Latin American orchestral hits including "Tico-Tico no Fuba," "Bésame Mucho," "Granada," "Carmen Suite," and "Brasil."

Lopez-Yañez holds conducting roles with the Dallas Symphony, the Pacific Symphony, and the Nashville Symphony, and will return to Orchestra Hall this season to conduct Dr. FREAKuency's Major Monster Bash (October 28), Vanessa Williams (November 18–19), and Disco Fever (May 17–19). Sibaja has toured internationally as an orchestral soloist and with artists including Ricky Martin. Ábrego is an acclaimed soprano with a diverse repertoire that includes opera, lied, oratorio, folk, and popular music. Latin Fire will take place on Friday, October 27 at 10:45 a.m., Saturday, October 28 at 8 p.m., and Sunday, October 29 at 3 p.m. at Orchestra Hall.

Tickets for these performances start at $24 and can be purchased at dso.org or by calling the Box Office at 313.576.5111, open Monday through Friday, 9 a.m. to 5 p.m.

The title sponsor of the DSO's PNC Pops Series is PNC Bank.

Tickets on sale now at dso.org

LATIN FIRE
PNC Pops Series
Friday, October 27 at 10:45 a.m.
Saturday, October 28 at 8 p.m.
Sunday, October 29 at 3 p.m.
Orchestra Hall
Enrico Lopez-Yañez, conductor
José Sibaja, trumpet
Mónica Ábrego, soprano
Latin Fire is a passion-filled celebration of Latin American orchestral hits, matched with the firework virtuosity of acclaimed Costa Rican trumpeter José Sibaja and Mexican vocalist Mónica Ábrego. Enjoy a sizzling-hot program, featuring "Tico-Tico no Fuba," "Bésame Mucho," "Granada," "Carmen Suite," and "Brasil."

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